




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>8:00 Strength Building ~ WR 8:30 Water Aerobics 9:20 Ai-Chi ~ Pool 9:30 Winnie's Sit & Be Fit 10:00 Lawn Bowling ~ TCT 1:00 Wii with Ron ~ Ftns</p> <p>1:00 Wellness Center Education ~ AR</p> <p style="text-align: right;">1</p>	<p>9:00 Wii Bowling ~ AR 9:30 Arthritis Pool Program 10:00 Fall Prevention Class~WR 2:00 Chi Gung</p> <p style="text-align: right;">2</p>	<p>8:00 Strength Building ~ WR 8:15 Wii Bowling ~ AR 8:30 Water Aerobics 9:30 Bowling ~Kellogg Lanes 9:20 Ai-Chi ~ Pool 2:00 Tai Chi ~ AR</p> <p style="text-align: right;">3</p>	 <p style="text-align: right;">4</p>
5	<p>7:50 Wii Bowling ~ AR 8:00 Strength Building ~ WR 8:30 Water Aerobics 9:30 Winnie's Sit & Be Fit-AR 9:20 Ai-Chi ~ Pool 10:00 Lawn Bowling ~ TCT 12:50 Wii Bowling ~ AR 1:30 Sit & Be Fit ~ Ftns 3:00 Tai Chi ~ AR</p> <p style="text-align: right;">6</p>	<p>9:00 Wii Bowling ~ AR 9:30 Arthritis Pool Program 10:00 Fall Prevention Class 11:00 Wii Bowling ~ AR 12:50 Wii Bowling ~ AR 10:00-4:00 Massage Therapy with Libby (by appointment)</p> <p style="text-align: right;">7</p>	<p>8:00 Strength Building ~ WR 8:30 Water Aerobics 9:20 Ai-Chi ~ Pool 9:30 Winnie's Sit & Be Fit 10:00 Lawn Bowling ~ TCT 1:00 Wts. with Ron ~ Ftns 1:30 Resident Mtg.~ AR</p> <p style="text-align: right;">8</p> <p style="text-align: center;"></p>	<p>9:00 Wii Bowling ~ AR 9:30 Arthritis Pool Program 10:00 Fall Prevention Class~WR 2:00 Chi Gung</p> <p style="text-align: right;">9</p>	<p>8:00 Strength Building ~ WR 8:15 Wii Bowling ~ AR 8:30 Water Aerobics 9:30 Bowling ~Kellogg Lanes 9:20 Ai-Chi ~ Pool 10:00 Ftns' Weight Lifting Class~ WR 2:00 Tai Chi ~ AR</p> <p style="text-align: right;">10</p>	11
12 Lincoln's Birthday	<p>7:50 Wii Bowling ~ AR 8:00 Strength Building ~ WR 8:30 Water Aerobics 9:30 Winnie's Sit & Be Fit-AR 9:20 Ai-Chi ~ Pool 10:00 Lawn Bowling ~ TCT 12:50 Wii Bowling ~ AR 1:30 Sit & Be Fit ~ Ftns 3:00 Tai Chi ~ AR</p> <p style="text-align: right;">13</p>	<p>9:00 Wii Bowling ~ AR 9:30 Arthritis Pool Program 10:00 Fall Prevention Class 11:00 Wii Bowling ~ AR 12:50 Wii Bowling ~ AR 10:00-4:00 Massage Therapy with Libby (by appointment)</p> <p style="text-align: right;">14</p> <p style="text-align: center;"></p>	<p>8:00 Strength Building ~ WR 8:30 Water Aerobics 9:20 Ai-Chi ~ Pool 9:30 Winnie's Sit & Be Fit 10:00 Lawn Bowling ~ TCT 1:00 Wii with Ron ~ Ftns</p> <p style="text-align: right;">15</p>	<p>9:00 Wii Bowling ~ AR 9:30 Arthritis Pool Program 10:00 Fall Prevention Class~WR 2:00 Chi Gung ~ AR</p> <p style="text-align: right;">16</p>	<p>8:00 Strength Building ~ WR 8:15 Wii Bowling ~ AR 8:30 Water Aerobics 9:30 Bowling ~Kellogg Lanes 9:20 Ai-Chi ~ Pool 2:00 Tai Chi ~ AR</p> <p style="text-align: right;">17</p>	18
19	<p>7:50 Wii Bowling ~ AR 8:00 Strength Building ~ WR 8:30 Water Aerobics 9:30 Winnie's Sit & Be Fit-AR 9:20 Ai-Chi ~ Pool 10:00 Lawn Bowling ~ TCT 1:30 ALF Wii Fit ~ Ftns 3:00 Tai Chi ~ AR</p> <p style="text-align: right;">20</p> <p style="text-align: center;">President's Day</p>	<p>9:00 Wii Bowling ~ AR 9:30 Arthritis Pool Program 10:00 Fall Prevention Class 11:00 Wii Bowling ~ AR 12:50 Wii Bowling 10:00-4:00 Massage Therapy with Libby (by appointment)</p> <p style="text-align: right;">21</p>	<p>8:00 Strength Building ~ WR 8:30 Water Aerobics 9:20 Ai-Chi ~ Pool 9:30 Winnie's Sit & Be Fit 10:00 Lawn Bowling ~ TCT 1:00 Wts. with Ron ~ Ftns</p> <p style="text-align: right;">22</p> <p style="text-align: center;">Washington's Birthday</p>	<p>9:00 Wii Bowling ~ AR 9:30 Arthritis Pool Program 10:00 Fall Prevention Class~WR 2:00 Chi Gung ~ AR</p> <p style="text-align: right;">23</p>	<p>8:00 Strength Building ~ WR 8:15 Wii Bowling ~ AR 8:30 Water Aerobics 9:20 Ai-Chi ~ Pool 9:30 Walking Club 2:00 Tai Chi ~ AR</p> <p style="text-align: right;">24</p>	25
26	<p>7:50 Wii Bowling ~ AR 8:00 Strength Building ~ WR 8:30 Water Aerobics 9:30 Winnie's Sit & Be Fit-AR 9:20 Ai-Chi ~ Pool 1:30 ALF Wii Fit ~ Ftns 10:00 Lawn Bowling ~ TCT 3:00 Tai Chi ~ AR</p> <p style="text-align: right;">27</p>	<p>9:00 Wii Bowling ~ AR 9:30 Arthritis Pool Program 10:00 Fall Prevention Class 11:00 Wii Bowling ~ AR 12:50 Wii Bowling 10:00-4:00 Massage Therapy with Libby (by appointment)</p> <p style="text-align: right;">28</p>	<p>8:00 Strength Building ~ WR 8:30 Water Aerobics 9:20 Ai-Chi ~ Pool 9:30 Winnie's Sit & Be Fit 10:00 Lawn Bowling ~ TCT 1:00 Wii with Ron ~ Ftns</p> <p style="text-align: right;">29</p>	<p><u>Wellness Center Hours</u></p> <p>Mon.—Thurs. 6:00 am—6:00 pm Friday 6:00 am-5:00 pm Sat. & Sun. 11:00 am—4:00 pm</p> <p><u>Wellness Center Room Key:</u></p> <p>WR – Weight Room AR – Activity Room TCT – Terrace T/G— Towers & Gables</p>		<p><u>Wellness Center Services</u></p> <p>Massage Therapy— Libby Cozza (503) 318-3612 Physical Therapy— Pat Franko (503) 654-1939 Umpqua Bank—Ellen Morrison (503) 359-9629 Fit as a Fiddle— Linn Stoneman (503) 594-2238</p>